



**MEDICAL EVALUATORS
OF TEXAS** ASO, LLC

2211 West 34th St. • Houston, TX 77018
800-845-8982 FAX: 713-583-5943

DATE OF REVIEW: April 5, 2016

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE:

Denial of preauthorization request for individual psychotherapy 6 sessions over 8 weeks.

**A DESCRIPTION OF THE QUALIFICATIONS FOR EACH PHYSICIAN OR OTHER
HEALTH CARE PROVIDER WHO REVIEWED THE DECISION**

This case was reviewed by a physician who holds a board certification in Psychology and is currently licensed and practicing in the state of Texas.

REVIEW OUTCOME

Upon independent review the reviewer finds that the previous adverse determination/adverse determinations should be:

☒ Upheld

EMPLOYEE CLINICAL HISTORY [SUMMARY]:

The claimant is a male who was injured on XX/XX/XX when he fell into a 2.5 feet hole while looking for an irrigation leak, injuring his right foot, neck, mid back, and lower back. The claimant has had cervical and lumbar fusion surgery. The claimant has been treated with physical therapy and medications Lordine, Norco, Gabapentin, and Baclofen. The claimant also received 20 visits of chronic pain program and 38 sessions of psychotherapy sessions.

Initial diagnostic screening dated XX/XX/XX indicates that the claimant presented with chief complaints of mood disturbances, anxiety disorders, sleep disorders, vocational concerns, psychosocial stressors and physical limitations. There was also a history of positive drug screen in XX/XXX for cocaine. An assessment of somatic symptom disorder, pain disorder associated with work-related injury medical condition and psychological factors, depressive disorder with major depressive-like episode, anxiety disorder due to medical condition and occupational problem was made. xxxxx, LPC-S recommended an individual psychotherapy x6 sessions for 8 weeks for proper drug extinction protocol for illicit drug use, pain and affective functioning.

Prior UR dated XX/XX/XX denied the request for individual psychotherapy x 6 sessions due to considering the magnitude of previous psychotherapy treatment rendered and without evidence of any functional improvement achieved from this psychotherapy, as well as the ODG recommendations, this request for additional 6 psychotherapy sessions cannot be justified and is not medically necessary.



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**ANALYSIS AND EXPLANATION OF THE DECISION INCLUDE CLINICAL BASIS,
FINDINGS AND CONCLUSIONS USED TO SUPPORT THE DECISION.**

According to ODG, a total of up to 13-20 psychotherapy visits is recommended as long as there is documentation of objective functional improvements with previous treatment provided. Based on the review of the medical records, the claimant has been treated with 38 sessions of psychotherapy previously. There is no documentation of functional improvements made from the completed sessions. Without this information, the need for additional psychotherapy visits cannot be fully determined.

As a result, based on the ODG recommendations as well as the clinical documentation stated above, the request for a 6 sessions of psychotherapy is not medically necessary.

**A DESCRIPTION AND THE SOURCE OF THE SCREENING CRITERIA OR OTHER
CLINICAL BASIS USED TO MAKE THE DECISION:**

X ODG- OFFICIAL DISABILITY GUIDELINES & TREATMENT GUIDELINES

Mental Illness & Stress – Online Version

Cognitive therapy for depression

ODG Psychotherapy Guideline:

- Up to 13-20 visits over 7-20 weeks (individual sessions), if progress is being made. (The provider should evaluate symptom improvement during the process, so treatment failures can be identified early and alternative treatment strategies can be pursued if appropriate).
- In cases of severe Major Depression or PTSD, up to 50 sessions if progress is being made.

[wi]

NOTICE ABOUT CERTAIN INFORMATION LAWS AND PRACTICES With few exceptions, you are entitled to be informed about the information that the Texas Department of Insurance (TDI) collects about you. Under sections 552.021 and 552.023 of the Texas Government Code, you have a right to review or receive copies of information about yourself, including private information. However, TDI may withhold information for reasons other than to protect your right to privacy. Under section 559.004 of the Texas Government Code, you are entitled to request that TDI correct information that TDI has about you that is incorrect. For more information about the procedure and costs for obtaining information from TDI or about the procedure for correcting information kept by TDI, please contact the Agency Counsel Section of TDI's General Counsel Division at (512) 676-6551 or visit the Corrections Procedure section of TDI's website at www.tdi.texas.gov.